

Defend your Rights

ACEF Lanaudière
450-756-1333 or (toll free) 1-866-414-1333

Information concerning personal finance, use of credit and debt management. Tools to help consumers make informed choices and to advocate for their rights.

Action-Logement Lanaudière
450-394-1778 or (toll free) 1-855-394-1778
Defending tenants' rights. Training.

Association québécoise de défense des personnes retraitées, pré-retraitées (AQDR) (for those retired or semi-retired)
Brandon (Ste-Émélie-de-l'Énergie sector) 450-835-4705#3499
Chertsey 450-882-4795

ATTAJ 450-834-1220
ATTAM 450-833-1507
Support, listening and referrals for injured workers. Assistance with CSST claims.

Centre d'Assistance et d'accompagnement aux plaintes de Lanaudière (CAAP - Lanaudière)
450-759-7700 or (toll free) 1-800-882-5622
Assistance and support for those dissatisfied with services offered by an establishment of the Lanaudière health and social service network.

Centre d'aide aux victimes d'actes criminels
450-755-6127 or (toll free) 1-866-532-2822
Information on rights and legal recourse. Technical assistance, support and psychological/social/legal interventions.

Pleins droits Lanaudière 450-394-0779
Information and support on rights and legal recourse regarding mental health

Respite and Housing

Baluchon Alzheimer 514-762-2667

Home respite for caregivers of people with Alzheimer's disease, from 4 to 14 days. Referral from the CLSC required. About \$15/day.

Carrefour pour souffler à tête reposée
450-836-2020 or (toll free) 1-877-374-8783

Information portal on respite resources of the region and bank of trained caregivers. For all families living with a cognitively impaired or physically disabled person under the age of 65.

Entraide pour la déficience intellectuelle du Joliette Métropolitain 450-759-9621
Respite services for families living with person with an intellectual impairment. Leisure activities, adapted workshops and day care. You must provide transportation.

Groupe Santé Arbec 450-834-4121
Respite services for families and day-care centre for seniors. Located in Rawdon.

La Lueur du phare de Lanaudière
450-752-4544 or (toll free) 1-800-465-4544
Respite services for close relatives of a person living with a mental health problem. Financial allocation and recreational activities.

La Maison Clémentine 450-755-2591
Respite services, help and care center for people under the age of 65 living with an intellectual impairment or a sensorimotor deficit.

Les Maisons d'à côté de Lanaudière 450-753-5444
Permanent housing for a person living with a severe physical impairment (e.g. multiple sclerosis, etc.). Referral from a health care worker required.

Les répits de Gaby 1-866-753-3914
Respite for families of children with an autism spectrum disorder aged 5 and over. Membership in the organization is required.

Société Alzheimer de Lanaudière
450-759-3057 or (toll free) 1-877-759-3077

Respite, Supportive Care and Stimulation Program: stimulation services offered to people suffering from Alzheimer's combined with respite for the caregiver.

Monitoring Services

P.A.I.R. Program
450-882-1089 or (toll free) 1-888-882-1086

Automated daily telephone service that calls seniors to make sure they're in good health. Free of charge.

Life Line Security System (\$) 1-866-784-1992
Medical alert service that allows you to ask for help 24 hours a day.

Be Heard

Centre de prévention du suicide Lanaudière
1-866-277-3553

Phone intervention to help people affected directly or indirectly by suicide.
7 days a week, 24 hours a day

DIRA-Joliette 450-867-3561
Accompaniment in abusive situations. Disclosure, information, referrals. Aged 50 and over.

Info-Caregiver Line 1-855-852-7784
Professional listening service, information, support and referrals adapted to the needs of those caring for seniors.
Monday to Friday, from 8:30 am to 5 pm.

Senior Abuse Help Line 1-888-489-2287
Listening service, support and information to break the silence on senior abuse. 7 days a week from 8 am to 8 pm.

Tel-Aînés (Senior-Phone) 1-877-353-2460
Listening service for seniors and their caregivers.

Be Active and Go Out

FADOQ, Lanaudière Region
450-759-7422 or (toll free) 1-800-828-3344
Information and programming of diverse activities for people 50 and over. Advocacy. Call to obtain the contact information of your municipality's club.

Maison des aînés de Chertsey 450-882-1688
Promotes, protects and develops economic, social and cultural interests of seniors. Promotes research and information about their needs, rights and on ways to meet them.

Parrainage civique Lanaudière 450-834-1728
Pairing volunteers with people living with disabilities.

Santé à cœur D'Autray Matawinie 450-835-3592
Various physical activities, workshops and seminars on maintaining autonomy and mobility.

Elderhelp (Friday Friends) 450-834-6604 or 450-834-5864
Community-based activity group for English-speaking seniors aged 65 and over. Transportation and lunch are included. Small fee.

Resources

MRC Matawinie Home Support

Many organizations in the RCM of Matawinie and the Lanaudière region offer services:

To caregivers
To seniors
To people with disabilities
To the sick, those losing their autonomy or at the end of life



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Priscillia Roy and Julie Thibodeau, Saint-Félix-de-Valois 450-889-5527

Emergencies

Ambulance - Police - Fire Department 9 1 1
Sûreté du Québec 310-4141

Get information and services

Info-santé and Info-social 8 1 1

CLSCs in Matawinie

Chertsey: 450-882-2488 or (toll free)1-877-882-2442

Saint-Donat: 819-424-3699

Saint-Jean-de-Matha: 450-886-3861

Saint-Michel-des-Saints: 450-833-6334

Home care service requests: occupational therapy, social service, personal care, nursing care, equipment loans, physical rehabilitation, day centre, etc.

Rural Nursing

Information, appointments and schedule:

CLSC Saint-Jean-de-Matha 450-886-3861

Health advice, injection of medication, ear wash, blood pressure measurement, blood and urine samples, etc.

Available for people aged 55 and over. For residents of the following municipalities: Saint-Côme, Saint-Alphonse,-Rodriguez, Sainte-Émélie-de-l'Énergie, Saint-Zénon, Saint-Damien, Sainte-Marcelline-de-Kildare, Sainte-Béatrix.

Centre Communautaire Bénévole Matawinie (CCBM)

450-882-1089 or (toll free)1-888-882-1086

Information and referrals for community services offered. Support for caregivers, social groups for those 50 and over, P.I.E.D. program (Stand Up), multimedia room.

English Community Organization of Lanaudière (ECOL)

450-421-5379

Information, accompaniment and referrals. Assistance in obtaining health and social services in English. Community animation.

Food

The Good Food Box

450-960-8185 or (toll free)1-855-960-8185

Fresh fruits and vegetables every two weeks. Many neighbourhood stops in Matawinie. Price list depending on the size of the box. For everyone.

Popote Montcalm Matawinie (CCBM)

450-882-1089 or (toll free)1-888-882-1086

Variety of affordable frozen meals prepared with premium quality ingredients. Call for a list of our service points.

Food (continued)

Emergency Food Aid by municipality:

Chertsey 450-882-1863

Entrelacs 450-228-4100

Notre-Dame-de-la-Merci 819-424-7855

Rawdon 450-834-4958

Rawdon (Monday and Thursday) 450-834-4444

Rawdon 450-834-4911

Saint-Alphonse-Rodriguez 450-883-6427

Sainte-Béatrix 450-883-5252

Saint-Côme 450-883-2600

Saint-Damien 450-835-9228

Saint-Donat: 819-424-2839

Sainte-Émélie-de-l'Énergie 450-886-9009

Saint-Félix-de-Valois 450-889-2667

Saint-Jean-de-Matha 450-886-0222

Sainte-Marcelline-de-Kildare 450-883-8254

Saint-Michel-des-Saints 450-833-2174

Saint-Zénon 450-833-2174

Getting Around

Volunteer Transport-Accompaniment Service (CCBM)

450-882-1089 or (toll free)1-888-882-1086

For medical appointments and other essential services for people with temporary or permanent loss of autonomy. Services: depending on the availability of volunteers. Reservation required. Eligibility criteria and membership card. Fee schedule.

Transport en commun adapté Matawinie

450-834-5441 or (toll free)1-800-264-5441 #7065

For disabled persons. Mandatory admission process. Reservation: Monday to Friday from 8:30 a.m. to 4:30 p.m. 24 hrs in advance. Daily service, from 7:00 a.m. to midnight. Fee schedule.

Medical Transport - Mi-Zé-Vie 450-833-6040

For everyone. Reservation: 48 hrs in advance minimum. Daily service. Eligibility criteria. Fee schedule, but free for welfare recipients.

Medical Transport - AQDR Brandon (Ste-Émélie sector)

450-886-2509

Flexible schedule. Reservation is required. Aged 50 and over. Fee schedule.

Transport d'Entrelacs 450-228-8635 or 450-228-4859

Public transport for residents of Entrelacs. Service: from Monday to Friday. Reservation is required. Fee schedule.

Getting services linked to an intellectual disability or physical health problem

Association de parents d'enfant trisomique-21 de Lanaudière 450-477-4116

Language stimulation workshop, occupational therapy, parent support, information and toy library. For all people with Down's Syndrome and their families.

Association des personnes handicapées de la Matawinie 450-834-5434 or (toll free)1-877-834-5434

Saint-Jean-de-Matha Service Point 450-803-6992

Rights advocacy for people living with a physical, intellectual, sensory or psychological disability, referrals, coffee meetings, leisure activities, social integration, day centre, stimulation room.

Association des personnes handicapées de Saint-Michel-des-Saints et Saint-Zénon 450-833-2727

Daily activities and animation, annual excursions for people with an intellectual impairment.

Association des Sourds de Lanaudière 450-752-1426

Information and referrals for the hearing impaired. Leisure activities. Quebec sign language course.

Centre de réadaptation La Myriade

450-753-9600 or (toll free)1-877-753-9622

Specialized services for people with an intellectual impairment or an autism spectrum disorder and for their close contacts. A referral from the CLSC is required.

Centre de Réadaptation Le Bouclier

450-755-2741 or (toll free)1-888-363-2783

Specialized services for people with hearing, language, motor or visual impairments and their close contacts. A referral from a health professional is required.

Service régional d'interprétariat de Lanaudière

1-866-787-9788

Interpretation services and communication assistance for the hearing impaired.

Getting information and services linked to a mental health problem

La Lueur du phare

450-752-4544 or (toll free)1-800-465-4544

Support, information and respite for those close to a person with a mental health problem. 16 and over.

La Rescousse amicale 450-834-3151

Help and support for people having or having had mental health problems or emotional distress. Located in Rawdon.

Mi-Zé-Vie 450-833-6040

Support group for people with mental health issues. Located in Saint-Michel-des-Saints.

Getting information and services for a specific illness

Association régionale de fibromyalgie de Lanaudière

450-755-1184

Information, conferences, discussion groups for those with fibromyalgia.

Association Sclérose en plaques de Lanaudière

450-753-5545

Information, referrals, assistance, support, social and leisure activities, coffee meetings for those with multiple sclerosis and their close contacts.

Cancer-Aide Lanaudière 450-756-0869

Monthly meetings and phone support.

Société Alzheimer Lanaudière

450-759-3057 or (toll free)1 877-759-3077

Information, listening, referrals, documentation, training, conferences, workshops, meetings and respite for caregivers.

Maintain, Renovate, Adapt Your Home

Services à la communauté Rousseau

450-834-1160 or (toll free)1-888-834-1160

Housekeeping, laundry, grocery shopping, cooking. Respite and daily living assistance services.

Monday to Friday from 8:30 am to 4:30 pm. Fee schedule. Possible financial assistance.

Rénovation solidaire Lanaudière

514-317-0401

Accompaniment service linked with renovation help and home adaptation programs. Technical advice, planning, referrals.

Rénovation Lanaudière

514-317-0401

Social economy enterprise and licensed RBQ contractor. Construction and renovation services.

Mourning

Aux couleurs de la vie 450-752-4436

Support and comfort in illness, loss, death and grief.

Centre de prévention du suicide 1-866-277-3553

Support group for people bereaved by suicide.